

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 08 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from December 4, 2020 to December 17, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Iyanbito	Rough Rock
Aneth	Jeddito	Round Rock
Baca/Prewitt	Kaibeto	Sanostee
Becenti	Kayenta	Sheepsprings
Beclabito	Lake Valley	Shiprock
Bird Springs	Lechee	Shonto*
Black Mesa	Leupp	Smith Lake
Bodaway/Gap	Lukachukai	St. Michaels
Bread Springs	Lupton	Tachee/Blue Gap
Cameron	Manuelito	Teec Nos Pos
Chichiltah	Many Farms	Teesto
Chilchinbeto*	Mariano Lake*	Thoreau
Chinle	Mexican Springs	Tohajiilee
Churchrock	Nageezi	Tohatchi
Coppermine*	Nahatadziil	Tonalea
Coyote Canyon	Nahodishgish	Torreón*
Crownpoint	Navajo Mountain*	Tsaile/Wheatfields
Dennehotso	Newcomb*	Tsayatoh
Gadiiahi*	Pinedale	Tselani/Cottonwood
Ganado	Pinon	Tuba City
Hard Rock	Red Lake	Twin Lakes
Hogback	Red Mesa	Two Grey Hills
Houck	Red Rock*	Upper Fruitland
Huerfano*	Rock Point	Whippoowill
Indian Wells	Rock Springs	White Cone

* Chapters added in the new 14-day period (December 4 to December 17, 2020).

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.